

# Multispecies probiotics and antibiotic-associated side effects : pathophysiological and clinical evidence

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# Stellingen

Behorend bij het proefschrift:

## Multispecies probiotics and antibiotic-associated side effects

1. Multispecies probiotica zijn effectiever dan monospecies probiotica (dit proefschrift).
2. The intake of the multispecies probiotic “Ecologic AAD” prevents diarrhoea-like bowel movements in healthy volunteers taking amoxycillin by restoring the dominant faecal microbiota towards the pre-antibiotic state (dit proefschrift).
3. The greater the disturbance of the dominant microbiota the higher the chance of developing AAD (dit proefschrift).
4. Frequent antibiotic use leads to a prolonged disruption of the dominant intestinal microbiota, which cannot be influenced by short-term probiotic use (dit proefschrift).
5. IBD patients have a lower bacterial diversity of the faecal microbiota than healthy volunteers.
6. For optimal efficacy personalized probiotics might be needed.
7. Pepermuntolie is goed voor mensen met IBS.
8. Een functie van functional foods is het bewaken van een optimaal lichaamsgewicht.
9. Kinderen zijn geen kleurboeken. Je krijgt niet de gelegenheid om ze met je lievelingskleurtjes in te kleuren (Khaled Hosseini).
10. Happiness is only real when shared (Christopher McCandless).
11. Ook voor wetenschappelijk onderzoek geldt: achteraf kan iedereen voorspellen.

C.J.M. Koning  
Maastricht, 4 juni 2010